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FEATURES

Winchester's Insight Recovery Treatment Center receives mental health license, grows location offerings

NELL ESCOBAR COAKLEY | STAFF WRITER

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A look at a newly renovated space at Insight Recovery Treatment Center in Winchester. The business received its mental health license from the state earlier this spring to accommodate a growing clientele. COURTESY PHOTO/JON BAER/INSIGHT RECOVERY TREATMENT CENTER

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It's been almost a year since Insight Recovery Treatment Center opened its doors in Winchester. And in that time, the need for treatment and support services has grown so much that owners Steven Kent, Jon Baer and Rich Trainor are expanding.

"That's been our goal from the beginning," Kent said, of the 7 McKay Ave. location. "This center is not just for substance abuse treatment, it's for co-occurring disorders and mental health help. It's another resource for people and I see a huge need."

Kent said the original intention of providing care and support to people working through the challenges of addiction is still there. And the business is still partnering with coalitions in Winchester, Woburn, Medford, Arlington and Stoneham to provide information and services for those in need.

But the demand for services has pushed the business to grow. Kent said this was always the next progression.

"Everything just aligned," Kent said.

Baer said the ability to provide continued care was something clients asked for. He said many times there are other underlying needs, but clients have said they prefer not to go somewhere else and go through their whole story again and again. He said many have said they are comfortable at Insight Recovery.

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Insight Recovery's Clinical Director Sarah Carpenter, left, and therapist Tiana Guerra in one of the newly renovated spaces in the office. COURTESY PHOTO/JON BAER/INSIGHT RECOVERY TREATMENT CENTER

Trainor, who is the center's clinical director, said clients who come in are still assessed and assigned either intensive outpatient therapy or day treatment. Clients are also assigned a therapist to work one-on-one with as well as attend group therapy sessions.

But the increased demand for mental and behavioral health serv pushed the center to apply for its license with the Department of Mental

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Health in January and February.

Trainor said it took between five and six weeks for the application to be approved. The license was approved in March.

He added the idea is to provide a balanced healthcare plan for clients. With that in mind, the center has hired another clinician, a care manager and Greg Davenport, a community engagement specialist.

Davenport, like the owners, has also fought his own battle with substance abuse and come out on the other side.

He has run a homeless shelter, Daybreak Shelter, in Lawrence for a number of years before moving to Recovery Centers of America as a business development representative. From there, Davenport decided to get back to the ground floor of helping people and opened the Charles River Recovery in Weston.

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Davenport said he had met Kent, Baer and Trainor along the way and when they came calling, he quit his job and joined them in Winchester.

"They are great people and they align with how I like to operate so it made a lot of sense," he said. "This is a passion, a lifestyle. It's really God's work."

Growing up in Burlington, Davenport said it's nice to get back to his roots.

"It's nice to be able to come back and work in the community," he said. "It's nice to be able to give back."

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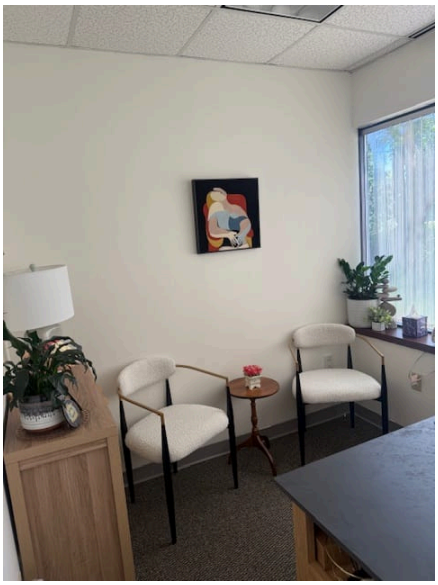
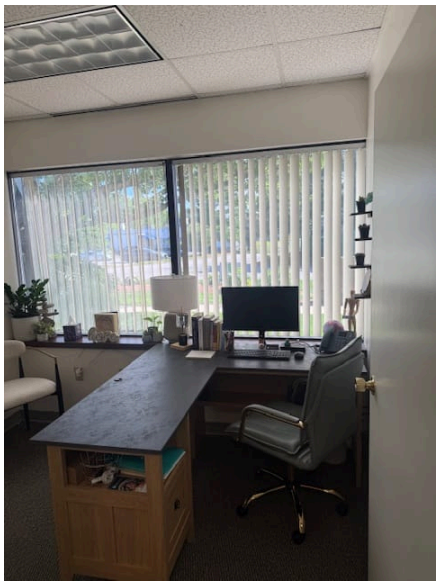
On Thursday, July 24, from 3:30-6:30 p.m., Insight Recovery will c
the opening of Insight Recovery Mental Health with a ribbon cutting, in

partnership with the Winchester Chamber of Commerce.

Insight Recovery's website for mental health is www.insightrecoverymh.com





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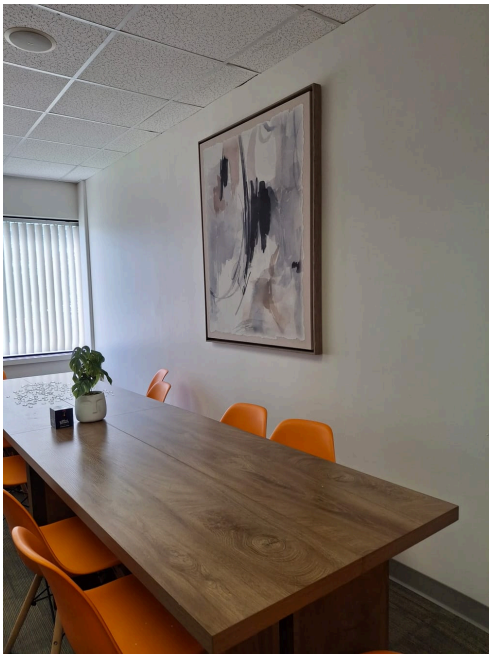

Insight Recovery Treatment Center recently renovated its space to accommodate its growing client base, as well as its new mental health unit. COURTESY PHOTOS/JON BAER/INSIGHT RECOVERY TREATMENT CENTER

What's next?

Kent said with the hiring of more staff, it was time to add more offices. A meditation room, a calming center and a large group room for relaxing or therapy sessions, were also in the plan.

He said with the other side of the building, where the center is now, vacant, it was the perfect place to grow into.

"The layout was perfect," Baer said, adding the rooms were the right size to provide privacy for clients and give staff their own space.

Kent said once the state license was approved, it was just a matter of negotiating with the building's owners.

"We're all about helping people, our model is still the same," Kent said. "We are not going to turn people away. We try to find a spot for them."

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And, Baer said, it's not just the clients who will receive help. The center has added a family meeting that takes place every Monday at 7 p.m.

One of the newly renovated offices. COURTESY PHOTO/JON BAER/INSIGHT RECOVERY TREATMENT CENTER

Trainor said the meetings are mostly for families of current clients, but anyone who has someone suffering from substance abuse is more than welcome to attend.

"It's important to provide education around treatment," he said. "It's important to set boundaries. Loved ones also struggle."

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As for what the group decides to do next, Kent said they're concentrating on these two things for the moment.

"Nothing is set in stone," Kent said. "Right now, we'll concentrate on providing direct care to our clients."

For more information or a confidential assessment, call 781-653-6598 or visit insightrecoverytc.com.

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Well, Winchester, we made it through the weekend with only a coating of snow that amounted to nothing on Sunday afternoon. But during the Feb. 22-23 blizzard, Winchester News once again asked residents to send their snow photos. And here is what we received! Solmaz Amirnazmi said her daughters and

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Winchester Community Music School set to expand, upgrade

The big events in Winchester Community Music School always take place in Nichols Performance Hall. With the school and its performances' growing in popularity, the hall and many of its amenities are due for an upgrade. The performance hall is one of the main areas that the school seeks to

TAVISHI CHATTOPADHYAY | CORRESPONDENT

February 26, 2026

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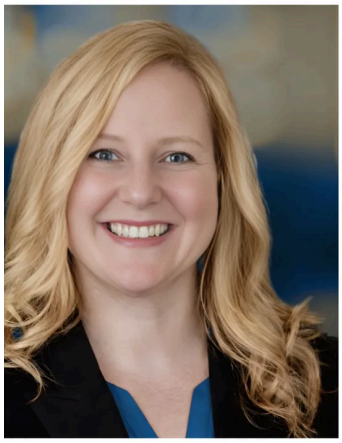

NEWS

Winchester School Committee candidates bring contrasting backgrounds to Thursday forum

Two candidates for Winchester's School Committee will face voters at a forum as the district navigates a new literacy curriculum, budget pressures and questions about student mental health. Heather von Mering and John Bellaire are competing for an open seat on the School Committee, which oversees a budget von

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Ripley Chapel in Winchester presents 'Syldason: You Are Welcome Here'

The following was submitted by the Ripley Chapel at First Congregational Church: On

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Rep. Michael Day helps House colleagues pass sweeping energy affordability bill

The following was submitted by the Office of Rep. Michael S. Day: Rep. Michael S. Day and

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Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

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his colleagues in the House of Representatives recently passed energy affordability legislation that would result in over $9 billion in savings for utility ratepayers over the next 10 years. The bill maintains critical

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